

1955

## The Iowa Homemaker vol.35, no.12

E. W. Remley  
*Iowa State College*

Margot Copeland  
*Iowa State College*

Sue Mullins  
*Iowa State College*

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## The Iowa Homemaker vol.35, no.12

### **Authors**

E. W. Remley, Margot Copeland, Sue Mullins, Amy Millen, Marilyn Ogland, Martha Burleigh, Martha Elder, Anne Beem, Donna Schneider, and Pat McBride

# The Iowa Homemaker

NOVEMBER, 1956

*CONTEST—page 8*



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A review of activity in home economics at Iowa State College

# The Iowa Homemaker

NOVEMBER, 1956

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*Photographs:* Gary Stanton, cover page. Pages 6, 12 courtesy of Information Service.

*Art:* Judy Kensel, p. 16.

**Cover:** Barbara Pinkerton, a sophomore in Home Economics, is thinking about how she can decorate her room. She lives at the Kappa Kappa Gamma house.

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## women's angle

Now that midterm week and those dreaded "hours of reckoning" are over, many of us will settle back into our old habits of study. But don't!! Dust off all those resolutions made with such enthusiasm at the beginning of the quarter.

The Thanksgiving season is an appropriate time to look ahead as well as to be thankful for blessings of the past. The following thoughts may well help us in our plans for self-improvement.

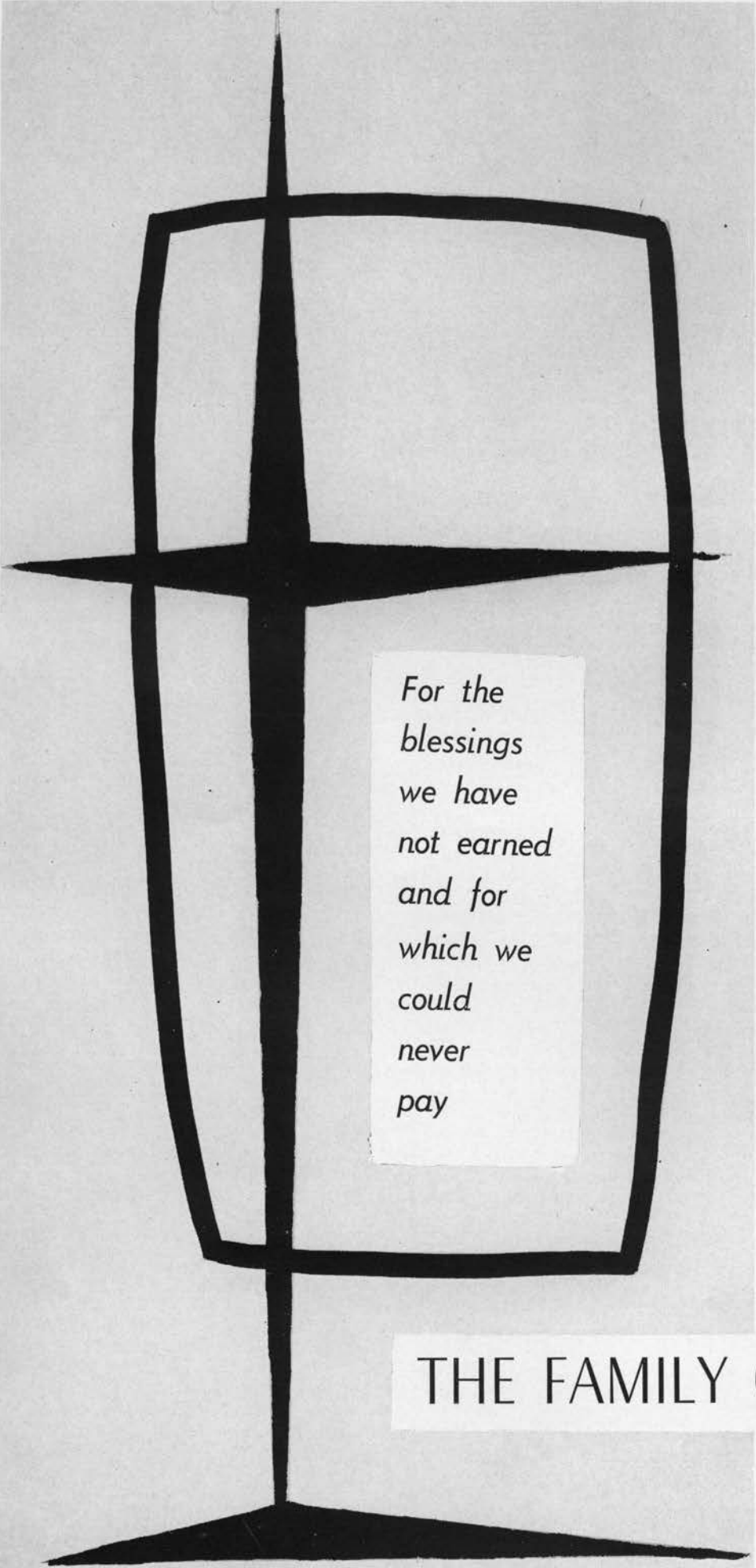
1. I will make a habit of doing the most difficult or boring jobs first so they won't be forever nagging at me.
2. I will laugh more often.
3. I won't let little inconveniences and annoyances upset me.
4. I will forget old grudges and stop worrying about past mistakes and failures of the quarter.
5. I will overcome that one of my faults or shortcomings that makes me feel most dissatisfied with myself right now.
6. I will look around to see in what little ways I can do things to help others.
7. I will keep in closer touch with old friends. From the people I meet or already know casually I will make at least one new friend.
8. I will start doing this month at least one of the things I have told myself for weeks I would love to do if I just had the time. This month I'll make the time.
9. I will start looking with a more observing eye at the world around me, taking time to laugh at the funny little incidents, to soak in the beauty of the out-of-doors, to see the people behind the faces of those I meet in the course of each day.
10. I will renew my determination to achieve these goals.

*Ruth*



*"It is good for the family to have a special holiday set aside for expressing thanks to God for national and personal blessings. There are so many things within the family circle for which to express gratitude to our God."*

*—Dr. E. W. Remley*



*For the  
blessings  
we have  
not earned  
and for  
which we  
could  
never  
pay*

THE FAMILY GIVES THANKS

It is good for families to have a special holiday set aside for expressing thanks to Almighty God for national and personal blessings. Of course this is no substitute for daily thankfulness, but it is a way of reminding us impressively of the importance of being thankful. A spirit of true thankfulness is one of the marks of wholesome family life.

Thanklessness is a mark of immaturity of spirit. It is a badge of the unfinished character, the incomplete life. It is a mark of the person who is all wrapped up in himself and a person who is all wrapped up in himself makes a distressingly small package. The thankless person finds life closes in on him in increasing narrowness and restriction. His world becomes like the medieval torture cell that had contracting walls which gradually crushed its victim.

Let us then, as families, take time to be properly thankful as we enter the season of our national festival of Thanksgiving. We might begin by asking, "What are some of the blessings that invite a response of thankfulness within our family circle?"

### *For the Gift of Life*

First of all each of us should be thankful for life itself. Life is a wonderful gift. It is an amazing privilege to be a self-conscious living being, capable of awareness of joy and beauty and satisfaction on one side of life's page, and of pain and danger on the other. To share with God the ability to be aware of oneself, to make choices, to live, to be capable of health and motion and thought and affection and pain and prayer is enough to be thankful for. Every member of the family should thank God that he is a living creature with a body and a mind and a soul . . . for the gift of life!

### *For Each Other*

We should also thank God for each other. It is so easy for me to be thankful for the members of my family. My wife is a center of serenity and inspiration in my home. To say I love her is not enough unless I add to this that my love includes respect and reliance upon her strength, gratitude for her patient understanding, and for the strange mercy in her heart that enables her to know me so well and yet love me. My children are a gift of joy and privilege for which I can never thank God enough. Wonderful, mysterious, buoyant little people — they add immeasurable meaning and interest and challenge to my life. I thank God for my parents, for all of the love and care and forgiveness they gave me in years of my childhood and for my companionship with them now. We should thank God for each other.

### *For Today*

And we should, as families, thank God for today. For opportunities to seek Him in prayer and worship this day. For today's family fellowship with the Spirit of Christ. For today's work and today's rest and today's disciplines and today's adventures. For the fact that life is not easy today, but that it can be radiant. For the fellowship and affection of this very hour.



## BEFORE —

Pictured above is a view of the kitchen in the Edward Sling home before it was remodeled for the Home Management demonstration in Jasper County. Three doors cut up the wall space of the room, and traffic lanes crossed through the working area. The central table and wide distribution of appliances caused many extra steps for the homemaker. The middle door was blocked out and a modern kitchen unit constructed in the corner as shown below. The door on the right was converted into double windows above the sink.

## AFTER —

By applying principles of work simplification and time and energy management, the kitchen was remodeled into more compact preparation and serving units. The three appliances, arranged in the efficient U shape, cut the homemaker's steps to a minimum. The dining area is now out of the traffic lanes, and quick and easy meal service is made possible by the serving counter.

# BETTER *Planning*

by Margot Copeland

Technical Journalism Sophomore

Take a look at the number of homemakers you know who can cook, sew, and attractively decorate their homes, and yet things aren't running smoothly. The thing lacking is known as management — the ability to put things together in an orderly sequence, to plan ahead and foresee events, and to make wise decisions.

A coed majoring in home management, besides taking courses in all the basic core fields, is also trained in the area of home management, where the emphasis is on social sciences with a broad background in marketing, family finance, and housing. A home management major will find her curriculum is known for its flexibility. She has 24 elective hours in which to take courses to meet her needs and inter-





# *For Better Living*

## *Through Home Management*

ests in preparing for a specific professional field.

Beginning next fall, all freshmen will be required to take in the core program H.Mgt. 174, which will be an overview of individual and family management, decision making, and management applied to such specific resources as time, energy, money, knowledge, and interests. This course is designed to replace H. Mgt. 474, now a senior core course. Subsequently, seniors will be required to take H.Mgt. 488, Family Finance, which studies family income, family living expenditures, planning for risks as death or illness, and estate planning (wills and investments). However, the most well-known course in this department is undoubtedly H.Mgt. 475 — six weeks in the home management house during which girls organize and carry out the responsibilities involved in maintaining a home and family.

### **Opportunity in Extension**

What does all this training lead to? An important opportunity is extension, one phase of which is in county positions. The broad scope of home management training is essential in this field. Much publicity recently has been given to the "Farm and Home Development" — a part of the Iowa State College extension program, which aids rural families in organizing their resources to provide for such goals as buying a farm or educating their children.

During the National Field Days and Plowing Match held in Jasper County, Iowa this September, 35,000 people visited and studied a remodeled farm home showing practical application of home management

principles. This result demonstration is another method used to take new home management information to the people in the state and surrounding areas. In this home, families, interested in remodeling or building, actually saw for themselves how the use of time and energy management results in improved family living.

A second vital phase of extension is "Consumer Marketing Information", a national program to help consumers and retailers understand each other's problems. Each state usually employs a home economist and a male marketing specialist. These people prepare leaflets, radio and TV programs, films, and talks. On this same level, state and college information services have a continuous need for people with a cross-sectional home economics background.

There is also a possibility for work as a family finance consultant for a bank, life insurance company or super market. Another field is social welfare, and with further education, there are endless opportunities in college teaching. Finally, one may choose research. Here at Iowa State College, many projects are set up on a state and/or national level to investigate social problems of the family. Factors in relation to the improvement of farm houses and family resources are being studied. Another project is analyzing the improvement of houses belonging to young farm families.

Home management is a vital and unlimited field. Relatively new to the undergraduate, it is buzzing with enthusiasm for it seems to bind together all the fundamental activities of homemaking.

*If it's for classes,*

*we've got it.*

**College Book Store**

# *THE HOMEMAKER ANNOUNCES: 1957 COLLEGE Prize: Pair of Bates George Washington*

We're looking for the most intriguing, practical and beautiful coed's room at Iowa State College.

Is your dormitory or sorority room as cozy, charming, and individually YOURS as you would like it? Do the walls and furniture sparkle with touches of your very own personality?

If the answer is "Yes" you may have a winner. Enter now! ! But if the answer is "no" start working now, for this is YOUR chance to have that "dream room" and win the terrific prizes listed above. Dust off those ideas you've been secretly harboring in the back of your mind for your favorite college room. Make them a reality and enter your "masterpiece" in the first contest the Homemaker has ever sponsored. YOU CAN WIN!

**DEADLINE FOR ENTRY OF APPLICANTS:**  
Nov. 30, 5 p.m., Memorial Union desk. Watch for more information about judges and prizes in the December issue of the Homemaker.



## *DECORATE YOUR ROOM*

# HOME CONTEST

## Bedspreads

### Rules make it easy:

Applications will be sent to every sorority and women's dormitory. Each sorority may enter one room and each dormitory two rooms. This doesn't mean the contest is a house project, — only the occupant or occupants of the room, are contestants.

### Special rules:

1. Rooms must contain basic furniture presently in the room.
2. Only occupants of the room may contribute to room decoration — no borrowing.

### Who is eligible:

Every woman student living in a college residence, except Homemaker staff members, are eligible for this contest.

### Judging:

Point scale:	10 color scheme
	30 originality
	10 neatness
	30 practicality
	20 good basic design elements
	<hr/>
	100 points total
Bonus points:	10 most novel bulletin board
	10 most decorative personality touches
	20 best new idea in furniture for a college room.

### Judges and Judging Time:

January 12 — first judging to eliminate entries to 5 best rooms  
January 19 — final judging  
Winners will be announced in the February Homemaker with complete pictures and details of Iowa State's most beautiful, practical and individual "College Home" and it's occupants.

# TO WIN!

# "Sweater Dress-Up"

by Sue Mullins

Technical Journalism Senior

Better take a second look before you discard that old sweater or pass it on to little sis. Chances are, with a little ingenuity you can restyle it to fit your wardrobe more satisfactorily than when new.

Even though you give your sweaters the best of care, they are apt to become thin at the elbows or to stretch out at the neck. By cutting off the sleeves just above the elbow and applying knit, crocheted or fabric collar and cuffs, you can double the life of your sweater. Stitch around the sleeves to prevent stretching and then cut the sleeves about one-fourth of an inch longer than you want them to be when finished. Apply the cuffs about one-fourth of an inch from the cut edge. After trimming has been applied, bind the inside of the cuffs with grosgrain ribbon to prevent raveling. It doesn't take much longer to cover matching buttons, and the all-over effect is more unified.

If a pullover has become too small, slit it down the center front and trim neck, cuffs and center edges to match a skirt for casual wear, or with Swiss ribbon or fur for a dressier style. Before applying the trim you will have to stitch along the cut edges to keep them from raveling.


If you've grown tired of an old sweater, you can dress it up with applied design too. Ribbon is one of the easiest materials to work with. The "Sunburst" design pictured is trimmed in Swiss ribbon. Blind stitch the ribbon down the front, then slit over the original buttonholes. Turn a narrow edge and re-buttonhole, stitching ribbon and sweater together. The ribbon radiating from the neckline is also blind stitched on. The buttons were commercially covered with matching ribbon.

Lace may be purchased by the yard and applied to sweater fronts for a dressier effect. It may be used plain or beaded. Lace medallions, also plain or



beaded, may be applied to dress sweaters. Cuffs on all dress-type sweaters should be slit along the seam, bound and turned up.

Fabric trim to match a skirt is probably most common for college coeds. But for the more unusual sweaters, other trims are available at most department stores. These include cord, straw, velvet ribbon, metallic ribbon, pearl beading and angora. Fur trim, although more expensive, makes beautiful dress sweaters.



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The Homemaker is pleased to present the second in a series about foreign students studying food and nutrition at Iowa State. Each student will share with Homemaker readers a recipe for one of her favorite native dishes. —*editor*

## INTRODUCING:

### *Rose Liu From Formosa*

*by Margot Copeland*

*Technical Journalism Sophomore*

An adventure in Chinese cookery is offered by Miss Rose Liu, graduate student in Food and Nutrition, as she gives us a favorite recipe from her homeland.

"Since chop suey and eggs foo yong comprise the typical American repertoire of Chinese cookery, I picked a recipe from another branch of native food," she said. "My favorite is DeLuxe Spareribs, a dish as Chinese as bird nest soup, in spite of its commonplace name."

#### DELUXE SPARERIBS

3 pounds meaty spareribs	1/2 cup cooking sherry
1 onion, diced	3 slices ginger root
2 tablespoons brown sugar	1/2 teaspoon powdered ginger
2 tablespoons vinegar	3/4 cup soy sauce
1 clove garlic, crushed	2 cups water

Have the butcher chop the spareribs twice across lengthwise, then chop through the thick backbone and between the ribs to separate completely. Combine other ingredients and pour over ribs. Cover tightly and bring to a boil. Turn heat down and simmer slowly for 2 1/2 hours or until tender. Add water if necessary. Serve with hot rice.

Miss Liu came to Iowa State three years ago from the island of Formosa, Nationalist stronghold off the Chinese mainland. She started her American education on a one-year fellowship and is now on a research assistantship, aiming for a Ph.D. in two years. Most of Miss Liu's time is now spent on nutrition research in her headquarters on the east ground floor of Home Economics Hall. Before coming to America, Miss Liu studied at the University of Taiwan in Formosa and received her B. S. in chemistry. She plans to teach when she returns to Formosa.



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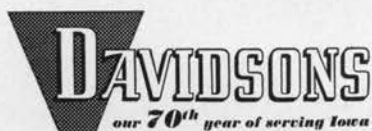
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Dr. P. Mabel Nelson, former Dean of Home Economics and staff member of Iowa State College for 33 years, is a woman with many interests and hobbies.

### **Collects Cookbooks**

As a collector, one of her main interests is cookbooks. Among the oldest in her collection is "Lamb's Royal Cookery", which was published in 1726 and bound in calf. She has a special printing of one of the earliest cookbooks known. The original, compiled in Rome about 100 B.C., is called "Apicius," a name given to gastronomers of old Rome.

The newest book in her collection is an Eskimo cookbook prepared by the students of Shishmarif Day School, Shishmarif, Alaska. It is probably the only Eskimo cookbook written and contains such delicacies as seal, bear and walrus meat.

Many of her cookbooks were obtained on trips. Included in the collection is one book written in Japanese, one in Swedish and one by Gipsy Petulengro, 1936, entitled, "Romany Recipes and Remedies."

Miss Nelson has traveled extensively. She has visited all of the United States, been through the Panama Canal, seen Alaska, Europe, Guatemala, Mexico and taken a Caribbean cruise.

### **Introduced Food Majors**

She came to Iowa State College in 1923 and became head of the Food and Nutrition Department in 1926. Miss Nelson remained in this position for 18 years, during which time she introduced the four majors in the department and established departmental research. She strongly supported the policy that dietetic majors take one year of internship after

# Dr. P. Mabel Nelson

"A clipper, a collector,  
an organizer of facts"

by Amy Millen

Technical Journalism Senior

graduation from college, and she promoted good working relationships between the department and the American Dietetic Association.

Miss Nelson is a member of Alpha Nu, Sigma Xi, Phi Kappa Phi, Omicron Nu, Phi Upsilon Omicron, Sigma Delta Epsilon, Iota Sigma Pi, American Institute of Nutrition and Mortar Board. She is now a member of the General Centennial Committee and the Long Range Campus Planning Committee at Iowa State.

She has written a number of articles for national publications and has compiled material for many articles which have been published in home economics and science journals.

Miss Nelson was instrumental in the granting of Ph.D.'s in Food and Nutrition. "A clipper, a collector, a digger of facts, an organizer with vision, Dr. Nelson left a substantial heritage to the Food and Nutrition Department." This statement was made by Dr. Ercel Eppright, present head of the Food and Nutrition Department.

## Advises Freshmen

Freshmen women are especially liked by Miss Nelson and when she retired as dean, she asked to teach them. She has been an advisor to freshmen and instructor of Home Economics 105, the freshman orientation course.

Miss Nelson could always be recognized driving a 1939 clover-leaf green Chevrolet. She called the car "Chapul-tepec" and "Mikinac." The Spanish names originated when she was learning to drive. "Chapul-tepec," meaning grasshopper, stood for the times when the car jumped in starting and "Mickinac," meaning turtle, represented the long period spent driving at a very slow speed. It broke her heart to sell that car, but she can now be seen driving a new green and white "Chevie" in its place.

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# Sound budget and wise buys ...

## EXTRA DOLLARS FOR YOU

by Marilyn Ogland

Education Junior

If the end of the month finds you dodging the laundry-bill collector or borrowing money for a cup of coffee in the Union, it's time to give your spending and budgeting habits a checkup.

There's no need to scrimp on essentials because you splurged on luxuries at the first of the month. It only takes a little planning and the development of intelligent buying habits to put your budget back in the black.

### List expenditures

The first step toward solving your problem is to keep a list of all your expenditures for a month. This gives you a fairly accurate idea of your needs, while revealing "minor" expenses like cigarettes or cokes that are taking a significant chunk of your budget. On the basis of this record, allot your money for the next month to specific items such as clothing, cosmetics, entertainment, food, donations, gifts, books and supplies, tuition, board and room. Don't forget to plan ahead for events like parties or Christmas. It's a good idea to allow an emergency fund for unexpected purchases. List your allotments and money to your credit in a notebook, and form the habit of writing down all your expenditures. Your notebook might look like the one at the bottom of this page.

### Checking account

A checking account can also help you keep track of your budget if you write on the stub how the money was spent. The stubs make a good check against the bank statement in case of error, and keep you from overdrawing your account. If you write many checks it might be worthwhile to transfer your money to a local bank and avoid the 5c charge for cashing out-of-town checks.

A budget alone won't solve your money problems. You can cut expenses by intelligent buying. For example, buying large sizes of staples like soap saves you money. You can save as much as 22c on toothpaste, 55c on hand lotion and 41c on shampoo by merely buying one large package in place of several small ones.

It pays, also, to make sure you're buying quality and not just a name. A hand lotion costing 20c an ounce was rated as inferior in the Consumer's Guide to a lotion costing 9c an ounce. You can find this guide, listing prices and relative quality of nearly every item on the market, from refrigerators to clothes, in the Periodical Room of the library.

### Charge accounts

For more expensive purchases that don't quite fit into one month's budget, charge accounts or installment plans are helpful. The charge account helps you establish a credit rating and makes it unnecessary for you to carry large amounts of cash. Use discretion in charging items, however, and buy only what you need. It's easy to run up a bill you can't handle. Most stores advise students to settle their bills at the end of each month.

### Extra cost

However, the installment plan is an expensive method of buying. Interest charged on your payments often pushes the price up to as much as 16% over cash price. You have to decide whether immediate possession is worth the extra cost.

After analyzing payment plans such as these, learning to buy intelligently and developing a workable budget, you'll find your pennies have a new life expectancy and your buying power is back on a month-long schedule.

## How your budget might look:

Money on hand		Money paid in		Money paid out		Balance
November	Clothes (\$5)	Food (\$2)	Gifts (\$2)	Entertainment (\$2)	Supplies (\$10)	Room, Board, Tuition (\$100)
1						
2						
3						



# Connaisseur

## de la cuisine?

by *Martba Burleigh*  
Technical Journalism Sophomore

and *Martba Elder*  
Technical Journalism Sophomore

Almost every menu and cookbook contains many foreign terms and expressions. We hear these words often but don't always know exactly what they mean. Rate yourself on these common terms.

1. You have ordered ham a la king. Will it be (a) match-like strips, (b) cooked in a cream sauce, (c) covered with raisin sauce?
2. The recipe tells you to fix a dish au gratin. Will it be cooked with (a) crumb topping (b) in a white sauce (c) baked with tomatoes?
3. If you are given bouillon when you're sick it will be a (a) vegetable soup (b) a clear soup (c) a cold jellied soup.
4. Will canapes be served as the (a) first (b) second (c) third course of a meal?
5. Charlotte is best described as a (a) frozen (b) whipped (c) gelatin dessert.
6. If you're shopping for a fillet you'll get (a) an inexpensive type of fish (b) a choice cut of meat or fish (c) a pre-seasoned steak.
7. Frappé would be served (a) in a dessert cup (b) on a small plate (c) in a glass.
8. A torte would be eaten with (a) a fork (b) a spoon (c) sipped through a straw.
9. A parfait is characterized by (a) a jelly-like consistency (b) a creamy texture (c) its hard sweet frosting.
10. A souffle is (a) a potato casserole (b) a French pastry (c) a baked egg dish.

### ANSWERS

1. (b) A la king refers to food served in a rich cream sauce usually containing mushrooms, green peppers, and pimento.
2. (a) Au gratin means a topping, usually of fine bread crumbs or sometimes with cheese.
3. (b) Bouillon is clear soup, usually made from lean beef.
4. (a) Canapes are midgit open-face sandwiches which are served first as appetizers.
5. (c) Charlotte is a gelatin dessert containing flavored whipped cream, molded in a form lined with sponge cake or lady fingers.
6. (b) A fillet is a long thin, boneless strip of lean meat or fish, usually a choice cut.
7. (c) Frappé is a diluted sweetened fruit juice frozen to a mushy consistency and therefore would be served in a glass.
8. (a) Since a torte is a rich cake usually made from crumbs, eggs, and nuts, or a hard meringue baked in the form of a cake, it would be eaten with a fork.
9. (b) Parfait is a frozen dessert that is less cold and more creamy than ice cream.
10. (c) A souffle is a delicate baked egg dish containing cheese, fruit, minced meat or vegetables.

**Rate yourself 1 point for each  
correct answer**

### SCORING

- 8-10 If you're so well acquainted with these delicacies, better read our hints for diet and exercise in this issue.  
6-8 You're above average.  
4-6 This is a good excuse to "bone-up" by persuading the date to take you to some nice spot for dinner.  
1-4 Bet you haven't taken any foods courses yet.



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# TRENDS

## to a new figure

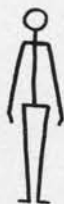
These chilly November mornings we reach into the closet for that practical and warm straight wool skirt. Although the dark tweed color is practical and in the height of fashion this fall, the skirt isn't quite as comfortable as it was when purchased. It has been harder to pull the straight lines over the hips and thighs and smooth out the puckers across the tummy.

by *Anne Beem*

*Technical Journalism Junior*

"Why can't I fit into my clothes anymore! I'll just have to go on a diet", is the familiar wail of many a college coed in this predicament.

Basically, the solution begins with correcting posture by holding our body in such a way as to diminish our paunchy appearance in that favorite sweater and straight skirt. The weight of books we carry across the campus many times a day rounds our shoulders. Lengthy hours of sitting tempt us to slide down on our tailbone and arch our back. The result is a question-mark silhouette with uncontrollable bulges.



A common figure irregularity is lordosis—the extreme curvature of the small of the back and protrusion of the hips and abdomen. An exercise for tucking in the figure bulges is lining your body up against the wall in a straight line. With your back against the wall, each point of your body from head to heels should be touching the wall. When the head, spinal column, hips and lower legs are touching, walk slowly away from the wall shifting your weight to the balls of the feet. The slight forward tilt that results is the normal body carriage.

Mrs. Madge Bowers, posture education instructor in the Department of Physical Education, has witnessed extremes in covering up this "lordosis look." Many girls tuck their hips in so closely that they have a completely flat silhouette. "This is certainly not a normal womanly appearance", claims Mrs. Bowers.



She suggests another exercise — one for trimming the hips and waistline. Sit on the floor with your legs extended straight in front of you. As you roll to your left hip, fling both arms to the right side at shoulder level. Shift your weight to the right hip and fling your arms to the left side. The legs are locked together, moving as one unit as you roll from side to side.



When you have the feel of the rocking motion, gradually pull yourself forward with your feet and walk on your hips. Of course, don't forget to keep that back straight and head up.

It is commonly accepted nowadays that exercise and diet go hand in hand to keep the figure trim. The meals in campus residences are balanced to give the right amount of nutrition. Thus, the wise thing isn't to cut out the potatoes or the meat altogether, but rather train your will power to say "a small portion please" or "no thank you" to seconds.

The downfall of many coed figures is the side trip to the Commons or the book store candy counter. Of course, this doesn't mean you will be the sad date who refuses to stop for a snack after the movie or the gal who doesn't coke-date with her friends anymore. You can be just as sociable and charming—and easy on some fellow's pocketbook—over a cup of coffee or a glass of fruit juice.

With a careful eye to your figure and close guard to your will power, there will be many a watchful eye on that coed with the trim figure in the straight tweed skirt.

# GLASSES . . .

## For

# Modern Lasses

by *Donna Schneider*

*Technical Journalism Junior*

"Umm—who's that girl? Quite a looker!" exclaimed the boy, glancing at the attractive girl. What's so unusual about that? Nothing—except the girl was one of nearly 60% of the modern women who wear glasses at least part of the time. She is one of the smart women who has given up snubbing her friends on the street because she doesn't see them, for good sight and—best of all,—good looks. Yes, good looks; for glasses have at last caught up with fashion.

### Array Of Frames

Just stop at any optician's shop and look at the array of frames available—frosty blues, distinguished tortoise frames, perky plaids, gamin-like harlequins. But wait—just because the frames look glamorous on Susie Jones or in the display case doesn't mean they're right for you. Trying on glasses is the best way to discover the right style for you, but here are a few hints to help you along. First let's consider your basic face shapes.

1. Round. Don't emphasize the roundness by wearing very round frames; however, sharply angular frames may cause too much contrast. The best shape is one which has some similarity to the curves of the face and adds some length, such as an oval with slightly upswept brow line. Side pieces that fit low on the temples make this face seem owlsh.

2. Oval. Many different shapes of frames may be worn. A level brow line and broad flare are becoming and make the eyes seem larger and more widely set.

3. Square. A conventional, rounded frame, without a straight brow line, is usually the best choice. A dark brow line and clear lower part add an undesirable horizontal line.

4. Heart. A frame with a deeper, rounder curve under the eyes helps add fullness to the lower part of this face.

### Try Different Frames

Did you know that glasses can actually improve your looks? Just try on a few different frames and notice the illusions they can create. Your nose will appear longer with glasses having a bridge that spans the brows horizontally and shorter with a low nose bridge. A gentle oval shape softens sharp features. For the small-featured face, a modified lift at the temples and curved line at the base is flattering, while delicate angularity and sharply uplifted sides will add emphasis.

Remember the weight of your features in choosing a pair of glasses; a delicate bone structure calls for lighter weight glasses, while strong features require a heavier frame for balance. Dark colors seem heavier than light colors; a small featured person might wear fairly heavy frames in a pale blue and yet be overpowered by the same size in black.

### Color Ques

For harmony the frame color should be chosen with regard to your hair, skin and eye colors. Warm colors complement most skin tones, but contrast such as a warm brown frame with cool black hair creates an unpleasant discord. It's fun to match your frames to your eyes. Remember, though, a color brighter than your eyes may make them seem dull, while a duller shade, such as pale blue or navy with blue eyes will make them seem bright and sparkling. Black is smart for the blonde with a golden glint to her hair. Dark-eyed brunettes look attractive in red, green, or gold frames. Red-heads seem vibrant in dark colors such as cocoa and sometimes contrasting ebony belongs up here.

### An Extra Pair

Well now, found your perfect pair of glasses? Fine—don't stop here. You don't wear the same jewelry every day, do you? Of course not; think how monotonous that would become. Glasses are an accessory too, so why not use some of your clothing budget for another pair of glasses? Glasses with a "party look" give you a wonderful lift on those special evenings. Frames sparked with rhinestones or perhaps a lacy silver pattern embedded in clear plastic—don't they sound glamorous? However, if you can only have one pair of glasses, keep them conventional and basic, so they will fit in with most of your wardrobe.

Yes, with the glasses which fit your face shape, coloring and personality you can become the girl who makes people remark, "Who's that girl?—How attractive!" For glasses can be glamorous!



# What's New

by *Pat McBride*

*Dietetics Senior*

## Child Development

"Bacon 'n Eggs" for babies is the answer to demands of mothers for baby food similar in taste to adult foods. Packaged in glass, the yolk and pre-fried bacon are strained to a fine consistency.

## Food and Nutrition

No-stick meat cans make it possible to remove hams without prying or puncturing the can to release the vacuum. An enamel coating on the inside of the can allows ham to slide out easily. Another important development in can manufacturing is the self-tracking tear strip to reduce frustrations of the key-open cans. "Tracks" on the tear strip keep it winding smoothly while the key is turned.

A flavor injector, similar to a larding needle, is designed for inserting spices into the center of roasts.

With the Thanksgiving season drawing near, sugar refiners are suggesting that sugar be sprinkled in the fat used to baste turkey. With oven heat, the turkey turns a golden brown.

## Household Equipment

A tiny fire alarm plugged into any standard AC outlet shrieks an alarm at the first sign of fire or overheating. It can be easily installed wherever a homemaker thinks fires might start.

Heated mattresses are the new counterparts to the popular electric blankets. The mattresses are divided into five temperature zones for maximum comfort with less heat for the trunk of the body and more heat for the legs and arms. The thermostatic controls are easily removed in warm weather.

A "no-slip" paint for floors will decrease home falls and tumbles. Applied by spray or brush, the paint incorporates a slip-retarding agent to the floors.

An electrically heated food warmer of stainless steel is an attractive way of serving piping hot food in the rumpus room or porch. Four covered compartments are set into a portable base. Spilled foods wipe away easily.

Self-adhesive plastic blackboard can be applied to walls by simply removing the paper backing and smoothing the blackboard over any clean, sealed surface. No tacks or nails are required. It is useful for daily shopping reminders, things-to-do lists or messages. Any soft chalk may be used, and a damp cloth cleans the blackboard.

## Textiles and Clothing

The newest development in children's clothing eliminates the paper pattern entirely. The dress patterns come printed right on the fabrics. At present they are available in four styles, sizes one to six.

A water-repellent product has been developed to solve the problem of soggy leather shoes on rainy days. It comes in an aerosol push-button can for easy application to the entire surface area of the leather. The waterproofer can be used on dress as well as sports shoes and does not hinder the application of a polish. In fact, it actually results in a glossier shine. The waterproofer is also recommended for smooth leather jackets.

A small scissors sharpener in your sewing box will eliminate dull shears. Made of red plastic with a sharpening stone set at the correct angle for keen edges, it is simple and safe to use. With a few quick forward movements, scissors can be sharpened in just five seconds.



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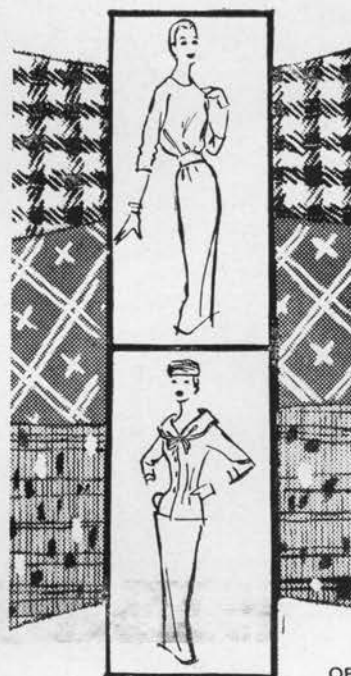
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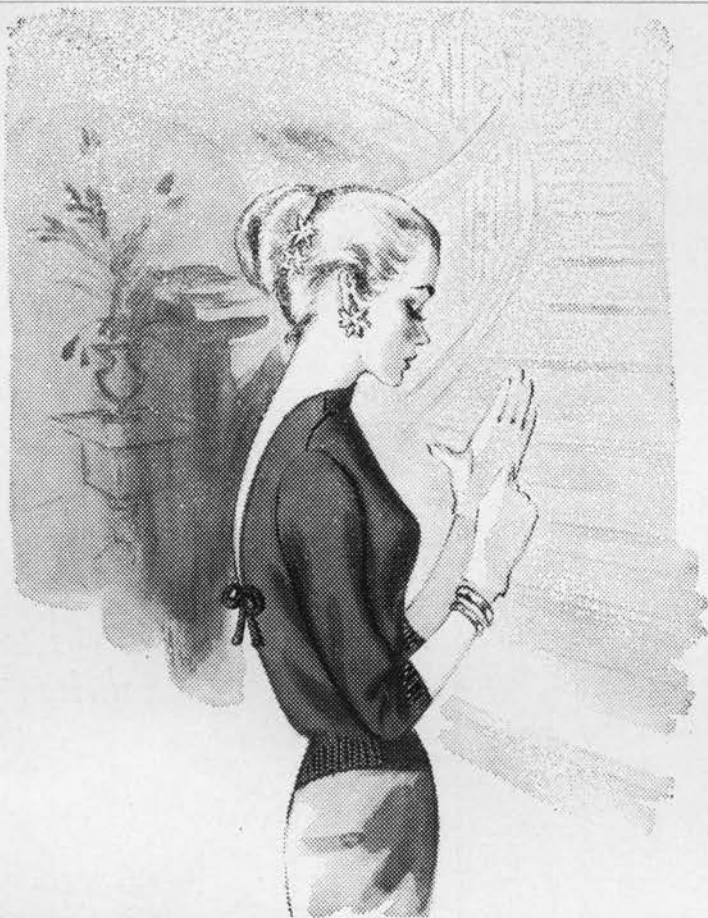
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